

SABAKIBALL PHYSICAL EDUCATION UNIT

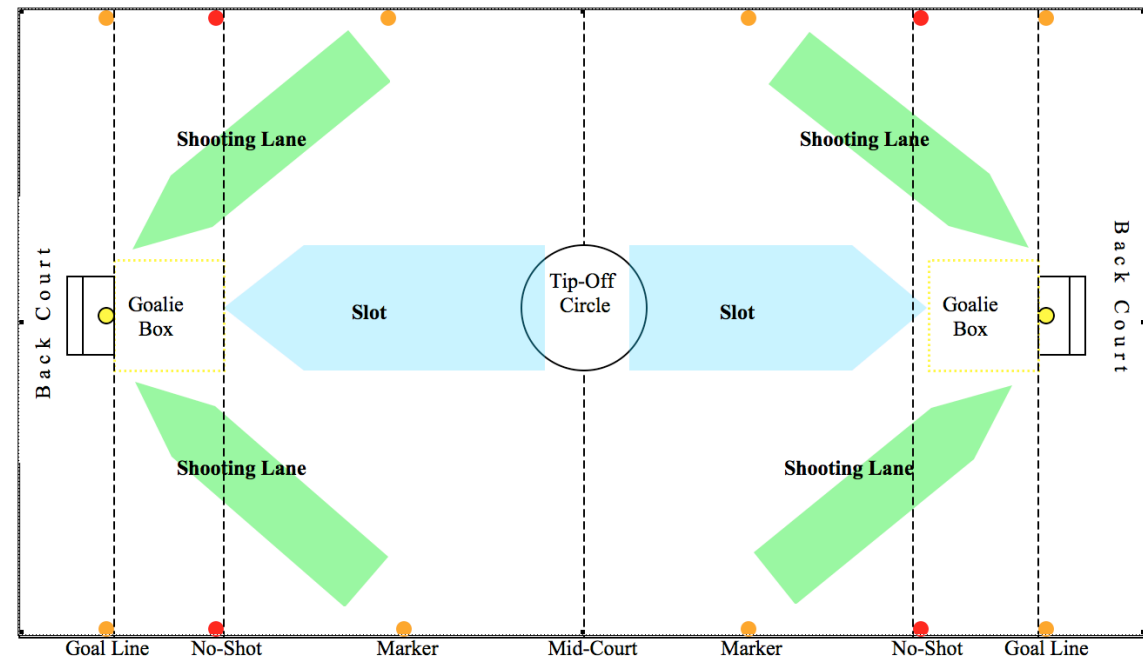
The Japanese word *Sabaki* is a verb that translates to *movement/maneuvering* and Sabakiball is built on this basic premise; all players and the ball should be in constant motion. Many Physical Educators simply explain the basic rules of Sabakiball to their students and jump right into game play and find great success as well as enthusiasm on the part of the students who often beg to keep playing even after the unit has ended!

Still others like to have the option of introducing Sabakiball skill development drills that include endurance (**cardio**) drills, passing (**team-work**) drills, and shooting (**hand-eye coordination**) drills. The following drills are fundamental to becoming proficient in Sabakiball, but can be universally applied to other sports, as well as overall physical fitness and ability.

We suggest warming up with some drills and then ending with a short scrimmage. These drills can be mixed and matched in order to offer students a fun, exciting, and active class each and every time.

Before moving on to the drills, it will be helpful to learn the layout of the Sabakiball court as well as some of the terminology. In Sabakiball, the Shooting Lanes and the Slot can be referred to as either *high* or *low* meaning closer to the Mid Court Line (high) or closer to the Goalie Box (low). So, a student standing directly in front of the goalie box is in the *low slot* and a student standing next to the “marker” on the Side Line is considered in a *high shooting lane*. A player (usually the goalie) that plays along the Mid Court Line while on offense is considered to be playing the Point.

The Mid Court Line divides a Sabakiball court into two zones. The Defensive Zone contains the goal pin that you are trying to protect and the Offensive Zone contains the goal pin that you are trying to hit.



Endurance Drills

Chasing Sprints

Divide your class into two “teams” and have each team line up across a *Goal Line*. This line becomes their “home.” Be sure that players are well spaced apart. Upon the whistle, the first team will sprint forward toward the *Mid-Court Line* and reach down to touch that line. As soon as the first player to reach midcourt touches the line, blow the whistle. That entire team must touch the ground (no matter where they are) and turn and sprint back to their home goal line. Simultaneously, the second team starts their sprint toward midcourt. Again, as soon as the first player to reach midcourt touches the line, blow the whistle. Upon that whistle the entire second team must now touch the ground and turn and sprint back to their goal line while the first team starts toward midcourt again. This drill gives the appearance that one team is chasing the other. You can usually get two or three sprints done before some of the slower students are no longer able to get more than a few feet before the whistle blows. Simply stop, take a breather, and then start up again (if you wish) starting with the second team running first.

Ball Sprint Relay

Line up the balls along the *Mid-Court Line*, well spaced apart. Divide your students so that you have an equal number of students (a team) per ball (standard set of Sabakiball gear includes 9 balls). Each team has half of their players standing in a line on the *Goal Line* facing their ball and the other half of their team standing behind their ball at midcourt facing the goal line. On the whistle, the first player in line at the goal line sprints to their ball at midcourt, picks up that ball and sprints back where they must *place it* carefully on the goal line. To make this more difficult, use a low cone and have the students place the ball onto the cone. Once the ball has been placed, the team member standing at midcourt now sprints to the goal line to retrieve their ball and again place it carefully at midcourt. Continue until all team members have completed their sprint. You can have them run through the drill as many times as you like and you can run it as a relay competition if desired.

Circle Sprints

This drill utilizes the BakiBoard backboards or must be otherwise modified.

The Coach/Teacher stands in a *Goalie Box* with all of the balls. Have students line up single file starting at midcourt along a *Side Line* and facing the Coach/Teacher. Upon the whistle, the first student in line runs WIDE around and behind the BakiBoard backboard. As the student comes out from behind the *Back Court*, the Coach/Teacher throws them a ball which the player then carries with them as they run all the way around the opposite BakiBoard backboard and then must return to the coach as fast as possible. Even if the student drops the pass, they should retrieve the ball as quickly as possible and complete their sprint

Shooting Drills

Around the World

Just like the Basketball drill. Have the students form a single file line at the Side Line cone marking the No-Shot Line. No Goalie is used in this drill.

Each student takes a shot at the BakiPin goal pin from this position. If they miss, they run as fast as they can to get the ball they just threw and get back in line, giving the ball to the next student without one. If they are able to knock the pin down or off of the goal spot, they still retrieve and hand off their ball but then upon their next turn they move two steps sideways towards the *slot* along the No Shot Line and attempt another shot. They continue in this fashion until they reach and score from the opposite Side Line.

Beginner Variation: The student moves across after each shot even if they miss the goal pin. Students can usually go two or three times across the court in a short time.

Intermediate Variation: Students must utilize the BakiBoard backboard in order to strike the goal pin so that they become adept at taking “bank-shots.”

Advanced Variation: Starting from the right side line students shoot with their RIGHT hand until they pass the middle point of the *slot*. They then need to shoot with their LEFT hand until reaching the left Side Line.

Jump Shot Drill

Have your students line up across the Mid Court Line. On the whistle, one student will run in toward the right or left side of the BakiBoard and jump into the No-Shot Zone. The student must take their shot while in the air, with the ball leaving their hand before their foot hits the ground. After taking the shot the student will reset the goal pin (if knocked down) and quickly retrieve their ball to hand off to a student without one and waiting their turn, and then return to their place in line. Have students start out at a slow jog so that they can get used to this difficult shot. Once they get the hang of it, have them try opposite side/hand Jump Shots as well as crossing pattern Jump Shots. This drill develops timing, balance, and vertical and horizontal leaping in addition to hand-eye coordination.

Note! Be sure that the players are not jumping into the Goalie-Box!

Shoot-Out Drill

This drill uses a goalie and students can take turns being the goalie. Students start at the Center Court *tip-off* area. Once you blow the whistle, the student can “roam” towards the goalie (they can not move back towards the Mid-Court Line). Once the student passes the side *marker* they have three seconds to take the shot. Encourage creativity as this is a fun drill, but also useful in game play. Behind-the-back shots, spinning shots, back-hand shots, and jump shots are some ideas. However, students should become adept at running down the Side Line and using bank-shots from the *shooting lanes* as these are high percentage scoring opportunities.

Passing Drills

Push-Pass Drill

Divide your students equally amongst your BakiBalls (standard set of Sabakiball gear includes 9 balls). Players form small groups, facing each other in two lines. For example:

X X X X	X X X X	X X X X	X X X X
X X X X	X X X X	X X X X	X X X X

Start out by having each group warm-up with 10 reps of “pushing” the ball from their own chest towards the chest of a student across from them within their group. Having caught the ball, that student now pushes the ball to the student standing next to the student who threw them the ball. This continues down the line where it then reverses so that the ball ends up back with the original starting student. This is one rep. Next combine the groups into two larger groups, with each group having only one ball. The groups now practice their push-passing between players, the same as before. After a couple of minutes, combine the groups and practice push-passing using only one ball. After 3 reps, add a second ball at the opposite end of the line and watch as the fun really starts!

Students are not only practicing this quick-release method of passing, but they are also developing the constant alertness and focus needed in Sabakiball.

Two-Student Passing

Students form two lines approximately twenty feet apart starting at the No-Shot Line. On the whistle, the first student of each line sprint up the court completing a minimum of three passes before reaching the far No-Shot line. You can allow this drill to end with a shot on goal, having the students retrieve the ball before returning to the original starting zone. You can modify this drill by bringing the two lines closer together for beginners and farther apart for advanced students.

Da Bomb

Place several balls in front of the goalie box. One student stands in the Goalie Box with a ball. The rest of the students line up along one sideline. Upon the whistle, the first student in line sprints up the court. As that student passes the Mid-Court line, the student with the ball throws a high arc pass. Be sure to have the student that is passing the ball attempt to “lead” the receiver. The passer now goes to the end of the receiver line, and the receiver becomes the next passer. As they get better at this, you can move the passer towards the same sideline as the receivers until the passer is standing side-by-side with the receiver.

For larger class sizes you can utilize both Side Lines with a passer in each Goalie Box and run two lines of students simultaneously.

Conclusion

The skill development drills above will help develop your students into quality Sabakiball players, but don’t get lost in the lesson plan. Sabakiball is an exciting, non-stop action sport that your students will love to play regardless of their initial ability. Introduce a drill here or there, but be sure to let them play actual games as playing Sabakiball becomes addictive and your students will cheer every time they hear that it is time for your Sabakiball Unit. Have fun!